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HEALING THROUGH CREATIVE FLOW

by Patty Ray Avalon, MFA

Patty Ray Avalon received her BFA and MFA from Indiana University. She also studied at the Art Institute of Chicago and the Central School of Art and Design in London, England. Her artwork can be found in public and private collections around the world. As a TMI residential trainer, Patty Ray trains program participants to use their consciousness to access guidance, improve manifestation, and learn self-healing and self-actualization skills. She is also an experienced energy healer and a graduate and former faculty member of the Barbara Brennan School of Healing. Patty Ray has used her knowledge to develop Positively Ageless with Hemi-Sync®, a tool for using consciousness to intervene in the aging process, as well as designing the CREATIVE FLOW program described below.

When we free our creative spirits, we draw up more power and wisdom to craft our lives with elegance, depth, and enjoyment. We bring magic to the world and ourselves when we live our lives creatively. Exploring and expressing our creativity is one of the most rewarding processes we can do to gain more self-awareness and accelerate higher development of our minds, spirits, and yes, even our bodies.

Many of us have deep fear around our greatness—about “shining” our light, love, and creativity in the world. And almost every one of us has old patterns and emotional wounds around our creativity. The new weeklong *CREATIVE FLOW* program at TMI has been developed to help change patterns that keep us from being and expressing more of our authentic selves. It is for non-artists and artists alike. It is for anyone with a creative longing.

CREATIVE FLOW offers experiential creative projects, as well as Hemi-Sync exercises and group sharing in a safe, nonjudgmental setting, to provide a rich approach for “uncovering” more of our own essence—peeling away the layers that have developed over time that stop our creativity from emerging freely. The *CREATIVE FLOW* process is extremely helpful for healing our lives at deeper levels and enhancing our own healing skills.

These vignettes from past weekend *CREATIVE FLOW* programs illustrate just what I’m talking about:

- A young man, who professionally recorded other artists as a sound engineer, picked up and beat a drum for an evening for the first time in his life, and made his very own music. That process brought light and tears to his eyes when he realized how much he had been missing in producing only others’ music.

- Another man who had very little opportunity for creative self-expression in his life wrote a poem about what it was like to never write a poem or sing a song or paint a painting, and then to finally express himself in a new way. In his poem, he expressed the pain and the joy of that process, and when he read his poem to the group, he touched a deep chord that brought emotional healing through resonance to others. The process of writing opened his heart, and his words, in turn, opened the hearts of others.
- A woman who had a very intense, mentally left-brained, demanding job came for a weekend. What happened in the secluded sanctuary of her CHEC unit with *METAMUSIC*® playing was nothing less than magical. She described having a channel suddenly open to provide a holographic download of a novel that she was to write. Not only was the novel complete in its delivery, but the whole movie of the novel also played out before her. She “saw” it all in her mind’s eye like a hologram. The book is now completely written, and we await the publication!
- Another woman came to the workshop in extreme physical pain, a type of fibromyalgia she had suffered with for years. By the end of the workshop, after having removed some of the emotional, intellectual, and spiritual creative blocks that prevented her energy from moving, she was pain free!

Awareness heals, and through trusting ourselves and tapping into the creative realms within, we come to know more of who we really are: our love, our passions, our light, our darkness, and our pain. We are revealed to ourselves in a beautiful new light for appreciation, for development, and for wholeness. By putting her hand to writing and expressing her creativity, the great twelfth-century mystic Hildegard of Bingen marked a spiritual awakening in her life that not only led to a plethora of books, lectures, music, and paintings but also brought her up from “a bed of sickness.” By engaging in a truthful process of self-expression, she was literally able to heal her weakened body and spirit.

I have been a practicing artist all of my adult life. About ten years ago, I was finished with making art. I felt creatively dried up and could not sense a creative bone in my body, nor could I muster the desire to express myself in any creative way. I decided, “Well, since you’re not an artist anymore, time to go learn something new. Yes, a new career!” I was drawn to, and enrolled in, the Barbara Brennan School of Healing, only to find that one-third of the curriculum was called “creative arts”! Clearly, there was something more to heal around my creativity. We never really “dry up,” as I later discovered. We are only blocked, or gestating! The school knew it was important for healers to nurture and tap into their creativity, not only for self-healing but in order to hold the same creative consciousness for their clients. Becoming more creative helps one become whole, alive, and fully express essence and life force. And for energy healers, letting life force flow through is vital to being an effective healer.

Using Hemi-Sync as a tool for opening the channels of creativity is unsurpassed in its expediency and effectiveness in helping the “creative flow” within to happen. By activating both hemispheres of the brain—particularly the right hemisphere—we have access to more of our ideas, intuitive insights, and longings of the heart. We can receive information from higher aspects of our consciousness or the greater collective consciousness for new applications. And, by accessing information through a variety of brain-wave states, we can bring forth and release hidden blocks or gain insights into the soul for development. Almost everyone who has gone through his or her first *GATEWAY VOYAGE*® realizes the new energy that is available through Hemi-Sync. In *CREATIVE FLOW*, you will have a whole week to immerse yourself in the energy and process of creativity.

The co-trainer of the *CREATIVE FLOW* program is Bob Holbrook, who is not only a residential trainer for TMI and an anthropologist but is also a certified facilitator for the Institute of HeartMath®. Bob will bring in great heart-opening exercises and related information.

The weeklong *CREATIVE FLOW* promises an intensive week of self-knowledge, self-healing, and personal evolution. When we heal ourselves on any level, we naturally begin to heal the world around us. So by opening to our creativity, expressing it, and embracing it, we will help bring healthy change into our lives, depth to our relationships, and new life to our workplace and our communities.

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